


Greetings!


We want to wish you the best for Valentine's Day and encourage you to express what #HEALTHYLOVE means to you. For inspiration please visit [Canadian Women's Foundation](#).



No. 8

I will never use  
intimidation or violence.

This Valentine's Day all you need is  
#HEALTHYLOVE



## Stopping the Violence Counselling Program (STV)

"Julie" left her abuse relationship years ago. Sadly, to this day, her former partner continues to manipulate, harass and stalk her by calling several times a day, disrupting her life and making it difficult to move on.

Recently, Julie approached Victoria Women's Transition House and asked for support through our **Stopping the Violence (STV) Counselling Program**.

With her Counsellor's support and assistance, Julie is learning to make safety plans for herself and healthy life choices while remaining away from violent and abusive relationships. Julie is working towards ending all forms of contact with her former partner and is moving forward with her life by utilizing the tools she learned from the **STV Program**, including staying active in her community and spending time with her family and close friends.



For more information about the STV Counselling Program, please call 250.592.2927 or visit

## Shelter Upgrades

This winter our 24-hour Emergency Shelter was given some much needed upgrades. Our front door was widened to allow wheelchair accessibility, a washroom was renovated to allow for wheelchair and other mobility devices and the whole Emergency Shelter received a fresh coat of paint - the first full paint job since it opened in 1991! Also, we added a storage shed to store our emergency preparedness supplies.

Thank you to **BC Housing** and **Home Depot** for your role in the completion of these much needed projects.



Emergency Preparedness Shed



New Shower

[Donate Now](#)



The 5th Annual Victoria Goddess Run is a 5K, 10K and 15K on Sunday, June 5, 2016. The weekend of activities include a Women's Expo at The Westin Bear Mountain Golf Resort & Spa, Yoga at Sunset, Pearl Putting, Bathrobe Run and Kids Run. It is going to be amazing! Over \$150,000 has been raised for our three local charities - Victoria Women's Transition House being one of them. Come join our Goddess community!

**Goddess Perks** - All race participants receive a Brooks Technical short sleeved t-shirt and a beautiful silver pendant necklace.

[Register](#) today!

Soup Sisters and Broth Brothers are year-round programs where participants pay a \$55 registration fee to participate in a soup-making event at a local professional kitchen under the guidance of a chef facilitator. Events culminate in a simple, sit-down supper of soup, salad, bread and wine for all participants.

Click [here](#) to reserve your spot!

Soup Sisters Victoria is searching for a volunteer to help with their social media presence. If you are interested or would like to more information please contact [Soup Sisters](#).

## Thank You!

The support we receive from our community truly makes a difference.

These gifts and supports assist women in our community, with or without children, escape abusive relationships. They help change the life of a mother and her small child who experience relief and gratitude as they settle in for their first sleep at our Emergency Shelter; they help an older woman find confidence and learn boundary setting as she navigates through the issues of Elder Abuse; and they support our Children Who Witness Abuse counsellors who help young children identify physical sensations of fear and give them the tools to feel safer.

**Without you, and our community, we could not do the work we do. Thank you so much!**

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